

## My Motivation - Two Grand-baby Boys

My story started with my initial motivation being to try to keep up with my two toddler grandsons. At 43 years of age, I was about 75 pounds overweight, had been smoking for about 25 years and had next to NO energy. I knew something had to be done as my doctor visits and medications were increasing all the time and I was doing nothing to change.

Children and Grandchildren are too precious to not enjoy, so I finally took action by joining Weight Watchers (WW) and setting some goals for myself. I haven't been able to completely quit smoking yet, but I've cut down to about 4 cigarettes a day. Once my weight goal is reached (11 more pounds), I will set a date and completely quit the smokes. If I can lose all this weight in less than a year, I can quit smoking too. I think it's just a matter of setting your mind to it.



I joined Weight Watchers At Work program this last January 2007. There are presently 22 people in our particular group here in Grandview Plaza (Lansing) and our group leader is wonderful!!! The group is extremely informative and supportive and helps a great deal when you are seriously trying to reduce. They emphasize how **Weight Watchers is NOT A DIET, but rather a Lifestyle Change**, which I find to be completely accurate.

My eating habits have changed in a couple of aspects. First of all, the foods I eat are considerably healthier than what I used to consume. Vegetables, Fruits, Grains, Beans and Lean Meats are my primary foods of choice, but we do need to have dairy and "good" fats thrown in there in a limited supply, as our bodies need these nutrients as well. Secondly, the portion sizes of what adults actually need are considerably less than what is generally eaten at a meal for most people. I thought I would get very hungry by sticking to the recommended serving sizes, but when you eat the appropriate foods at the correct times a day, you are never hungry and the recommended serving sizes are more than sufficient. **It still amazes me how much better I feel just eating less food at meals!** THE KEY is to eat the right foods and to eat them slowly until you are satisfied, not stuffed.



The WW program has the staff and the internet's "E-Tools" which both provide wonderful support systems. They have online success stories, recipes, tips, chat rooms with other members for support/sharing, shopping suggestions, etc. Also, WW foods (frozen meals, desserts, etc.) are really quite tasty. A lot of people think they are more expensive, but actually they are much cheaper than eating out or some other ready made meals for sale at the stores.

My activity level has increased as well, which I believe is the key to my weight loss. The more energy you use, the more you seem to have, and the higher your metabolism goes. I started out just walking a couple miles a few nights a week and doing easy/starter aerobics tapes a couple times a week. Now, I'm jogging 3-4 miles several nights a week. The walking and aerobics just didn't give me enough energy boost after a while and I needed to increase my activity level. Now, it's pretty clear that my metabolism has increased drastically and my energy level is wonderful. I would be lost without my exercise time now and I've found it to be a great stress-reliever. I've also got my husband eating healthier, even though he doesn't have a weight problem. Many of the WW recipe meals are very tasty and all the family likes them, not just me. I am asked for my WW recipes regularly now when I share them at work.

Since joining, I've lost a total of 54 pounds. I went from size 22 to size 10. The program is wonderful and a great help when you're trying to lose. I highly recommend it to all who are serious about getting down to a healthy weight. It really is a wonderful experience to not only get healthier, but to feel better and more energetic, and, the new clothes are great too.....

Submitted by Susan M. Brown-Ward, Michigan Department of Corrections, Central Office